























Key

-  Activity available in person at specified location.
-  Activity is eligible for CEU's for Peer Support Specialists.
-  Activity is available online from the Blue Button on ProjectAble.org
-  Activity is available online from the Yellow Button on ProjectAble.org

Time	Mon	Tue	Wed	Thu	Fri
Earlier					
10 A.M.	 Self Empowerment w/Carol		All Volunteer Meeting 1st and 3rd Wednesdays only	 What's Eating You? w/ Carol	Veteran's Coffee w/RJ
11 A.M.	Get Moving with ABLE w/ Garone At Mac	 Exploring Recovery w/ Garone At Mac	Veteran's Coffee w/ Hollalina	Journaling w/ Tracy At Mac Office	Just Chillin' w/ Tracy At Mac Office
12 P.M.	 Peer Paths to Employment w/ Kyla	Yoga w/JoAnn	 Mastering Aging w/ Deb	Chair Yoga w/ JoAnn	 Building Blocks to Recovery w/ABLE
1 P.M.	 Trauma Healing and Recovery w/ Chris At Mac	 H.O.P.E. w/ Brittney At Mac	 Wellness 101 w/ Tracy At Mac Office	 Mindfulness w/ Arnie and Greg	 Self Empowerment w/ Tina At Mac Office
2 P.M.	 Wellness 101 w/ Julie	 Trauma Healing & Recovery w/ Julie	 Voices & Visions w/ Aaron	 Self Empowerment w/Carol	 Trauma Healing & Recovery w/Michelle
Later		4 P.M. Let's Talk w/ Carol			

***Self-Direction *Person-Centered *Empowerment *Holistic *Non-Linear *Strengths-Based *Peer Support *Respect *Responsibility *Hope**

Salem Campus

All In person groups

McMinnville Campus

**paused until further notice
due to Covid-19**

1599 State Street Salem, Oregon 97301
Phone: (503) 363-3260

640 NE 3rd Street McMinnville, Oregon 97128
Phone: (503) 474-5509

All in Person Groups are Paused until further notice due to COVID-19.

Groups Descriptions

Self-Empowerment: Positive self-esteem can be an important aspect of recovery. Together we'll discover how amazing we all are! Give it a try.

Wellness 101: Learn about the 8 dimensions and put them into practice!

Peer Paths to Employment: Why go through a job search alone? Networking with your peers can land you the job you want. Share useful resources, discover what's available, and keep each other motivated.

Mindfulness: Mindfulness is something we learn in this Peer group, we will explore ways to be more aware of our surroundings, be mindful of our inner journey in recovery and live life to its fullest. Come join us for a wide range of activities that redirect our thought patterns to live in the moment.

Just Chillin': 'Curious about what goes on at Project Able? Stop in, ask questions and check us out! This Peer activity gives you an opportunity to meet with your peer, get connected to a peer if you don't have one... or just hang out and play a game or two with like-minded people. Whether you're in the building or on zoom, we love the idea of Just Chillin' with you.

Building Blocks to Recovery: an interactive Group where we discuss the 10 Components of Recovery.

Journaling: We have a tendency to keep things bottled up inside of us. Come and explore ways to get what's inside out!

H.O.P.E: Hold on, Possibilities exist. This peer led activity is focused on creating hope in our lives and creating the best version of ourselves.

Exploring Recovery: We explore the 10 components of recovery which also sets the theme for the month.

Yoga: Experience a stress-reducing, restorative class with a supportive, experienced instructor. Beginners are welcome.

Chair Yoga: A gentle yoga class designed specifically for those with mobility issues and/or physical challenges.

Get Moving w/ABLE: Outdoor or indoor light moving activity or dancing to get you out of your seat and moving for a healthier you.

What's Eating You?: Gather together with others to discuss what nutrition does for our recovery.

Let's Talk: This is a group centered on social situations. Talking about skills to use and ways to communicate in these situations.

Trauma Healing & Recovery: Connect with others recovering from trauma in a supportive group setting.

Voices & Visions: Individuals experiencing voices and visions come together to provide mutual support.

Veterans Coffee: Enjoy coffee with other veterans who understand what you're going through, they've been there too.